

Cherry-O

Nutrition Facts

Serving Size: (0.0g)

Servings Per Container: 1

Amount Per Serving

Calories 630 Calories from Fat 180

% Daily Value*

Total Fat 20g **31%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 100mg **4%**

Total Carbohydrate 101g **34%**

Dietary Fiber 11g **44%**

Sugars 73g

Protein 20g

Vitamin A 20% • Vitamin C 35%

Calcium 20% • Iron 30%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: DATES, CHERRIES, SWEET, RAW, BANANAS, SUPERIOR ROASTED UNSALTED CASHEWS, PROTEIN SUPPLEMENT, MILK BASED, MUSCLE MILK, POWDER, AGAVE SYRUP